

# • • senior living

THURSDAY, APRIL 24, 2025



**LORAIN COUNTY OFFICE  
ON AGING UPDATE**

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**RELAXATION FOR  
SENIORS**

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534 Abbe Road South, Elyria, OH 44035



## Was April 13-19 Really the Best Time To Sell Your House In 2025?

*By Jen Herron Underwood*

As a veteran Realtor, I am often asked "When is the best time of year to sell my home?" I personally think it is a very loaded question with various answers. However, after selling houses for the past 25 years I know which months are busiest. I also stay on top of real estate statistics and according to reports by REALTOR.COM, they have statistics showing that April 13- April 19, 2025 will be the best week to sell your home this year.

### WHY?

According to Hannah Jones, Realtor.com senior economic research analyst, she states that "the third week of April brings the best combination of housing market factors for sellers. The best week offers higher buyer demand, lower competition (from other sellers), and fewer price reductions than the typical week of the year." In addition, internet statistics show that houses listed for sale on Realtor.com receive 18.4% more views during this week.

### IS THIS THE PEAK?

According to Realtor.com this isn't the peak but a prime week when the buyer activity truly surges.

**WHAT DOES THE LOCAL REAL ESTATE EXPERT, JEN HERRON UNDERWOOD THINK?**

Realtor.com is looking at national

data. The real estate data and forecasting is as hyperlocal as the weather report. I don't disagree that this is the start of the prime time season, but I have spent the past 2 months in a market with low inventory and strong buyer demand. I have been in multiple offer situations all year. This means that more than one buyer is interested in buying the same house, and it often ends in a bidding war.

I personally think this isn't the peak of the market. I anticipate that the months of May, June, and July to bring strong buyer activity. I am hoping that more sellers get into the market and take advantage of the equity in their homes.

**IS THERE SOMEWHERE YOU CAN LEARN MORE ABOUT SELLING YOUR HOME?**

I am offering free downsizing consultations. During these 1 hour appointments I will visit your home and look around. We will talk about your goals and timing. I will help you determine what your home is worth and if you would like even help you put a plan in place. I can provide you with trusted contacts for repairs that need completed as well as help you determine if you can sell as is or what items need addresses. These consults are complementary and have no obligation. If you would like to schedule

**SEE PAGE 3**



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If you're seeking a natural, non-invasive approach to pain relief and healing, Xcell Medical Group in Elyria, Ohio, offers comprehensive care tailored to your needs.

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Our integrated medical team, comprising physicians, nurse practitioners, chiropractors, and massage therapists, collaborates to create personalized treatment plans that address your unique health goals. We emphasize improving your health to reduce the risk of pain and illness, offering services like physical rehabilitation and chronic pain management.

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Ridgeville, Lorain, Amherst, and the greater Lorain County area. We accept most major medical insurance plans, including Medicare and Medicaid, and offer affordable payment plans for those without insurance.

Take the first step toward a pain-free life. Contact Xcell Medical Group today at 440-484-3232 or visit [xcellmedicalgroup.com](http://xcellmedicalgroup.com) to schedule your complimentary consultation. Experience the benefits of integrated medical care and start your journey to wellness now

## YOUR HOUSE FROM PAGE 2

one, please call me at 440-371-2862.

### IS THIS THE BEST TIME TO SELL YOUR HOME?

That answer is truly up to you. Anytime is a good time to sell your home if it fits your financial, mental, and emotional goals. Selling your home isn't for the faint of heart. It takes a strategic plan. If you are looking for a Realtor that wants to help you create the best plan for your life and isn't just about a quick sale then give me a call at 440-371-2862.



## Why not start with a free downsizing consultation & learn:

- If you can sell as is
- If your home is inspection ready
- What to do with your stuff
- What your house is worth & more

I can come to your home and provide you with a value of what your home is worth in today's market. Call for your free downsizing guide today!



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# LORAIN COUNTY OFFICE ON AGING UPDATE

## SAVE THE DATE!!!

LCOOA'S MOONLIGHT MAGIC CASINO NIGHT FUNDRAISER IS AUGUST 1st at 6pm at the Emerald Event Center in Avon. This magical night will include live entertainment, buffet, cocktails, casino games, raffles and silent auctions. All proceeds will benefit programming for Lorain County seniors. Tickets are \$85, table of 10 \$750. Visit [www.lcooa.org](http://www.lcooa.org) for ticket and sponsorship information.

**SAFE AT HOME:** LCOOA is offering seniors 60 years + who own and reside in their homes the opportunity to receive at no cost: Grab Bars, Toilet Rails, Wheelchair Ramps, Walker Ramps, Stair Safety Rails (indoor/outdoor), Stair Chairlifts, ADA Toilets (raised seat) and some Bathtub Area Modifications.

Keeping seniors Safe at Home. For more information please call 440-406-3337 or 440-326-4800.

Do you know an older (60 + years old) or a disabled adult living Lorain County who is in need of assistance? We offer a comprehensive mix of services to protect the health, well-being and independence of seniors. Services offered include:

- **Support Services for Seniors** – Help interpreting mail; reviewing information, accessing ser-



vices, addressing an emergency situation.

- **Transportation Assistance to Medical Appointments** – We offer transportation assistance to seniors who need help getting to medical and dental appointments.
- Education, Information, & Resources about How to Improve Your Health & Well-Being
- **Emergency Food Assistance Program. Commodities Program. Senior Food Box Program. Kinship Food Program**
- **Benefits Assistance** – Through the LCOOA Aging and Disability Resource Center, we can answer any questions older and disabled adults have about their insurance and benefits and all of the government services and benefits they are eligible to receive, like HEAP, PIPP, Medicare,

Medicaid, Social Security, Food Stamps, etc.

- **Options Counseling to Develop a Long-Term Plan to Remain Independent** – Through the LCOOA Aging and Disability Resource Center, we can assist older and disabled adults, and their families, to develop a long-term plan to address health needs and remain at home as long as possible. **Call 440-326-4800 for more information.**

**ATTENTION: Lorain County Residents 55 Years or Older We Need Your Help!** Are you interested in making a difference in Lorain County?

- The AmeriCorps Seniors Program is looking for passionate & dedicated adults 55+ years of age interested in sharing their time, wisdom and skills to improve the lives of needy Lorain County residents.

Many types of volunteer opportunities are available to choose from throughout Lorain County based on your interests, availability and experience.

**Flexible hours.** Opportunities to meet new people, make friends and learn new things. **No experience needed — just an interest to help others.**

Interested in learning more about how you can help improve the lives of Lorain County residents & volunteer? Contact AmeriCorps Senior Program at: (440) 326- 4800.

## A Help Button Should Go Where You Go!

**To be truly independent, your personal emergency device needs to work on the go.**

MobileHelp® allows you to summon emergency help 24 hours a day, 7 days a week by simply pressing your personal help button. Unlike traditional systems that only work inside your home, a MobileHelp medical alert system extends help beyond the home. Now you can participate in all your favorite activities such as gardening, taking walks, shopping and traveling all with the peace of mind of having a personal alert system with you. MobileHelp, the "on-the-go" help button, is powered by one of the nation's largest cellular networks, so there's virtually no limit to your help button's range.

**No landline? No problem!** While traditional alert systems require a landline, with the MobileHelp system, a landline is not necessary. Whether you are home or away from home, a simple press of your help button activates your system, providing the central station with your information and location. Our trained emergency operators will know who you are and where you are located. If you're one of the millions of people that have waited for an alert service because it didn't fit your lifestyle, or settled for a traditional system even though it only worked in the home, then we welcome you to try MobileHelp. Experience peace of mind in the home or on the go.

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Places where your Help Button will work	MobileHelp	Traditional Help Buttons
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Shopping	✓	✗



\*For a limited time - promotions available for select systems and subscription plans, please call for specific details. Offers are valid for new customers and for the first year of service and cannot be combined with any other offers. \$19.95 is the monthly subscription price for a MobileHelp Classic (at home only) system. There is a one-time \$49.95 processing fee to subscribe to this plan. Equipment shown is the MobileHelp DUO (at home and on the go) system available at a higher monthly cost. Most equipment is included at no cost while actively subscribing and must be returned upon cancellation. Free one month of service offer valid with purchase of Annual plan and includes month 13 at no additional charge. Refer to terms and conditions for specific details. Depending on the promotion chosen, you may receive an additional savings of \$5.50 off the \$11 retail price of Fall Detection service. After first year, Fall Detect pricing reverts to discounted price of \$8.25/month when combined with MobileHelp Connect Premium. Fall Detection does not detect 100% of falls. If able, users should push their help button when they need assistance. Fall detection is not intended to replace a caregiver. MobileHelp is a registered trademark, patented technology. Current GPS location may not always be available in every situation on the cellular network at all times. Expedited shipping offer is for Annual plans made prior to 3 PM EST Mon-Fri. Expedited shipping is standard 2-day -- no deliveries on Saturdays/Sundays or to Hawaii or Alaska. Shipping delays may occur due to situations beyond our control.





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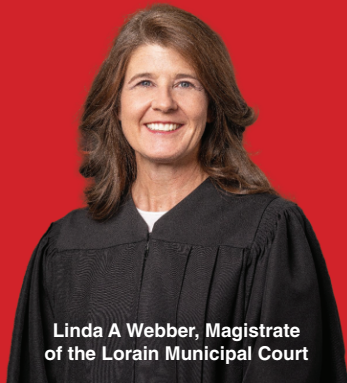
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# Highly Recommended

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## The 6 Best Relaxation Techniques for Seniors

Aging comes with its fair share of challenges. Health concerns, changes in routines, and everyday worries add up, making stress common for many seniors. If you're feeling overwhelmed, know that you're not alone. While a little stress is good for the body, too much can leave you feeling exhausted and anxious.

Whether it's a racing mind at bedtime, tension in your shoulders, or feeling overwhelmed by the "what ifs," stress has a sneaky way of creeping in. The key is finding small, manageable ways to invite more calm into your daily life. From simple relaxation techniques to leaning on a trusted companion, there are plenty of ways to de-stress and feel your best. Take a deep breath and keep reading for our top relaxation tips for seniors.

### How Stress Impacts Seniors

Stress does more than just cloud your thoughts; it affects your entire well-being. For seniors, chronic stress can take a toll on both physical and mental health. It can lead to fatigue, memory lapses, mood swings, and even physical issues like muscle pain or digestive troubles. It can also contribute to high blood pressure and a weakened immune system, making it harder to bounce back from illness.

Beyond the body, stress can chip away at emotional well-being, causing

feelings of loneliness, frustration, or even depression. Everyday tasks might feel more overwhelming, and socializing can become draining instead of enjoyable. But recognizing the signs is half the battle.

By tuning in to how stress is affecting you or a loved one, you can take steps to manage it. Let's explore simple ways to reduce stress and bring more peace into your life!

### Ways to Relax, Recharge & Reconnect

Managing stress doesn't have to be complicated. Small daily habits can make a big difference in helping seniors feel calm, centered, and supported. Whether it's movement, mindfulness, or meaningful connections, here are some attainable ways to find relaxation with a little extra help from a compassionate caregiver.

**Gentle Movement:** Light stretching, chair yoga, or a short walk around the neighborhood can release built-up tension, improve circulation, and boost mood. A caregiver can offer steady support and friendly conversation along the way.

**Deep Breathing:** Slow, deep breaths help calm the mind and reduce anxiety. Practicing a gentle breathing rhythm, like inhaling for four and





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## Gardening safety for seniors

Longer hours of daylight and warming temperatures are hallmarks of spring and each of these variables do much to contribute to the reputation of a season that's become synonymous with rejuvenation. After months spent confronting cold temperatures and huddling up indoors, people might find the welcoming conditions of spring irresistible, which compels many to spend more time outdoors.

There's no shortage of things to do outside in spring, and the season marks a perfect time to re-establish one's green thumb and get down and dirty in the garden. Gardening is a rewarding and healthy activity, though some, particularly seniors, may need to approach springtime sessions in the garden with a heightened degree of caution. Seniors can keep these health and safety tips in mind as they celebrate the return of spring and what that means for their gardens.

- **Recognize that gardening is exercise.** The Centers for Disease Control and Prevention identifies gardening as a good form of exercise, and evidence supports the notion that gardening is a particularly beneficial form of physical activity. A 2024 meta-analysis published in the *Journal of Neurology, Neurosurgery & Psychiatry* indicated that individuals who engaged in low levels of leisure time physi-

cal activities such as gardening are likely to have a lower risk of stroke than peers who are sedentary. It's important to keep these findings in mind when gardening, which is perhaps more physically demanding than some may recognize. Seniors can approach gardening just like they would other forms of exercise, taking the same precautions, such as stretching before and after each session and making a concerted effort to remain hydrated, while out in the garden.

- **Incorporate rest into your garden routine.** Rest is vital for anyone engaged in physical activity, including gardeners. Frequent breaks during gardening sessions can help avoid strains and sprains and provide opportunities to hydrate and get out of the sun. If possible, seniors can identify a shaded spot on their properties and place a bench there so they have somewhere to rest during gardening sessions.

- **Utilize ergonomic gardening tools and other specialized products.** The Center for Excellence in Disabilities at West Virginia University notes that ergonomics studies movements of a person's body during physical activities in an effort to produce tools that ensure a task has as little physical impact on the body as possible. Ergonomic tools are

SEE PAGE 10



## Protect Your Loved Ones by Planning for Your Future

Whether your concerns are about Medicaid, Social Security, retirement and disability planning, long-term and nursing care options, or providing for your family and leaving a legacy, the elder law and estate planning attorneys at Hickman Lowder can help you and your family make a clear, thorough plan for the years ahead.

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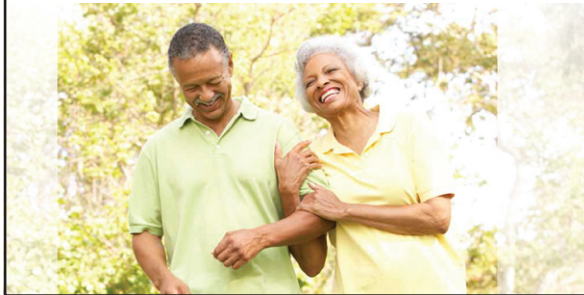
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## Choose Your Lifestyle — And Make Yourself at Home

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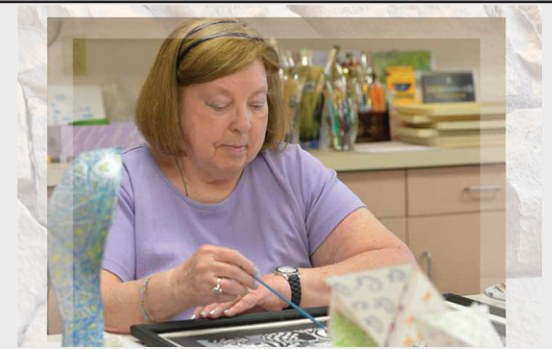
Individualized assistance provided with a variety of floor plan options. Count on a respectful hand with daily activities to make life more manageable and enjoyable.

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Residents have easy access to top-quality care on campus—from short-term comprehensive rehabilitation to short- or long-term 24/7 skilled nursing care.



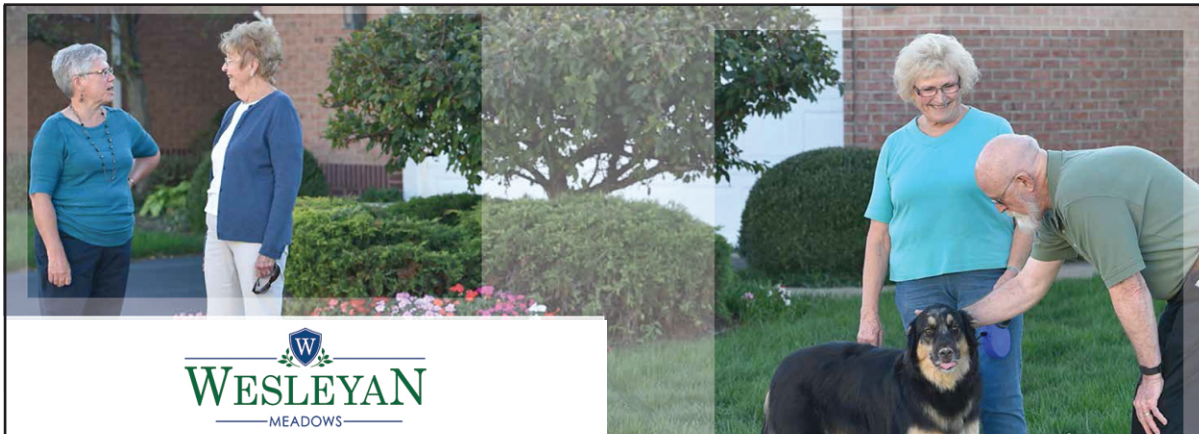
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- On-site chapel and the support of a Christian community
- 17-acre campus with walking trails
- Full schedule of planned events and outings, plus scheduled transportation
- Round-the-clock security, including 24-hour emergency call monitoring
- "The Wesleyan Promise" of a Home and Care for Life

#### Ready to learn more or to take a tour?

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Many communities offer exterior maintenance, but at Wesleyan Meadows, we take care of the interior maintenance too. You can pack up your tool box as well as your snow shovel. We're at your service.

### More Carefree. Sun Up to Sun Down.

Free of maintenance duties, you'll have more time to call your own. Meet a new friend for coffee in the fireside lounge. Get in a friendly game of euchre, bridge, pinocle or canasta. Hit the fitness center for an exercise class. Take up watercolor or oil painting. Find your favorite fishing spot on one of our three scenic lakes. Keep your social calendar interesting and your life as full as you like at Wesleyan Meadows.



### Wesleyan Meadows

#### Services and Amenities at a Glance

- Variety of spacious floor plans with attached garages
- Interior maintenance, including electrical, plumbing, heating/AC systems and all included appliances
- Exterior lawn and shrub care, snow and ice removal, window washing and more
- Clubhouse featuring a woodshop, fitness center, billiards room and library
- 36-acre beautifully landscaped campus with three scenic lakes
- Full schedule of planned events and outings, plus scheduled transportation
- Round-the-clock security, including 24-hour emergency call monitoring
- Priority access to rehabilitative care at Wesleyan Village
- "The Wesleyan Promise" of a Home and Care for Life

#### Ready to learn more or to take a tour?

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## RELAXATION TECHNIQUES FROM PAGE 6

exhaling for six counts, can offer a moment of tranquility when you need it.

**Aromatherapy:** The scent of lavender, chamomile, or eucalyptus can promote relaxation. A caregiver can help set up an essential oil diffuser or prepare a warm-scented towel for you to enjoy.

**Creative Expression:** Creative hobbies like painting, sewing, or scrapbooking can offer a peaceful mental retreat. And you don't have to be a natural Picasso to partake. Using adult coloring books with calming designs can bring focus and relaxation.

**Journaling:** Writing about daily experiences, positive thoughts, or gratitude can be a great stress reliever. As you write, you might find a deeper understanding of your feelings, and a clearer vision of your day.

**Guided Meditation:** Even five minutes of meditation can calm the mind and body. A caregiver can help play a guided meditation or practice

*Do you know a senior that needs help in their home?*

*Would they like some companionship? Are you a caregiver looking for a senior to help?*

**Call or text us at 440-935-3848.**

**Visit our website at**

**[www.seniorcarenorthernohio.com](http://www.seniorcarenorthernohio.com)**

breathing exercises with you.

## Find Peace in Every Day

Stress may come with aging, but you don't have to face it alone. A compassionate caregiver can help with daily tasks, provide companionship, and encourage relaxation techniques that keep stress at bay. With the right support, you can spend less time worrying and more time enjoying your golden years. Whether it's taking a walk together, setting up a meditation session, or simply sharing a laugh, caregivers are here to make life easier, brighter, and more enjoyable.

## DID YOU KNOW?

The U.S. Department of Health and Human Services reports that pollen season is getting longer and increasing in intensity. Shifts in precipitation patterns, more frost-free days, warmer seasonal air temperatures, and greater amounts of carbon dioxide in the atmosphere, each of which are side effects of climate change, have led to higher concentrations of pollen in the air and longer pollen seasons. Data from the USA National Phenology Network, which provides data on the timing of seasonal events in plants and animals to ensure the well-being of humans, ecosystems and natural resources, indicates total pollen counts increased by as much as 21 percent between 1990 and 2018. Such data may come as no surprise to people with asthma and seasonal allergies who have noticed the side effects of such conditions tend to start earlier than in the past and extend for longer periods of time than in previous years.



## GARDENING FROM PAGE 8

designed to lower injury risk, improve efficiency and increase satisfaction that stems from performing a particular activity. Before each gardening season, seniors can inspect their existing tools and replace them with ergonomic alternatives, if necessary. In addition, seniors can utilize special-

ized products, including long-handled gardening tools that reduce the need to bend over or kneel down, to further reduce their risk of injury while working in the garden.

These simple strategies can ensure seniors' springtime gardening sessions are as safe as they are rewarding.



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## FOUNDATIONS HEALTH SOLUTIONS

### Your Ohio Homegrown & Proud Premier Skilled Nursing Centers on Cleveland's Westside

Foundations Health Solutions is owned and operated right here in Ohio, our people live and work in the communities they serve, and are proud to be Ohio Homegrown.

Foundations Health is Ohio's premier long-term care company managing 60+ care facilities statewide, specializing in physical therapy, skilled nursing, quality outcomes, and resident satisfaction. Foundations Health Solutions is committed to serving our communities with clinical excellence and resident satisfaction, along with a strong employee culture that places priority and resources on the direct caregiving team.

*Scan the QR Codes for a Virtual Tour  
of our Facilities!*



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**Opening  
Summer 2025**



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### Huntington Woods

27705 Westchester Pkwy, Westlake, OH  
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383 Oppourtunity Way, LaGrange, OH  
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### Riverview Pointe

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